



**Question:** *My brain understands fully what God says in His Word, but how do I get it into my heart? Sometimes it seems like I'll never be able to get it right!*

**Answer:** Someone once said that the twelve inches from the brain to the heart is the longest of all distances. How is it possible to connect that gaping synapse between head knowledge and heartfelt obedience?

**The book of Joshua is called “the book of conquest”** – a book whose powerful message teaches us to possess what we already have in Christ and to “fell those giants” that wage a constant campaign to keep us from doing so. It takes the Christian from the wasteland of a victim mentality to an oasis of rest for the soul and praise to our great God in giving us His victory for every situation in life. And how does it begin? *“This book of the law shall not depart from your mouth, but you shall meditate upon it day and night and be careful to do all that is written – for then shall you make your prosperous and then you find success.”* (Joshua 1:8) We see that same charge in Psalm 1, as well as in James 1:25: **Meditate on the perfect law of God!**

*I* t is not a slight thought of the mercies of God that will affect your hearts, but it must be a dwelling on them by meditation...  
-E. Calamy

**Meditation is the transmitter that bridges the synapse between knowledge and action** – between head and heart. It is what makes the Word of God living and active in our lives.

After a time of morning grazing, much of the remainder of a cow’s day is spent chewing its cud. It is ruminating which is the same word used in scripture for meditating.

You see, cows are designed with four stomachs. In the first stomach chamber, large amounts of grain and grass are deposited. After food is partially digested in the rumen, it is regurgitated and chewed a second time. This process is repeated over and over until every last nutrient and every phyto-chemical is utilized and broken down so finely that it assimilates perfectly into the cow’s system. That which she ingested and on which she ruminated, became her!

Nancy Leigh DeMoss says in her book, *Lies Women Believe*, that our problems stem from believing lies. We “hear a lie, dwell on the lie, believe the lie and eventually act on the lie.” Like the cow, what humans ingest and ruminate on, become us!

It is no wonder that Satan's first attack on the human race was not to tempt Eve to steal, or lie, or fall into immorality, but to destroy Eve's confidence in the kindness of God and the veracity of His Word. Unfortunately for her and for us, he succeeded all too well.

From that day on, men have struggled with a false concept of God – and what we think about God determines how we live our lives. We tend by a secret law of the soul to move toward our mental image of God. Nancy Leigh DeMoss adds, "If we believe things about Him that aren't true, we will eventually act on those lies and end up in bondage."

**If you perceive of God as cold and exacting** you will find it impossible to love Him, and your lives will be ridden with servile fear. **Likewise, if you think God is like the earthly father** who abandoned or abused you, you will tend to want keep tight control on your life because you won't trust God. **If though, we find Him to be loving**, kind and understanding, our whole inner life will mirror that truth. Every action of our lives stems from what we believe, whether positive or negative.

**So here is the good news!** *What we did with a lie we can do with the truth!* First, **choose** to "hear it" by reading God's Word. Faithfully memorize portions of scripture. Then, **dwell** on in that scripture by meditation.

Just like our bovine friends, we can "store" large portions of scripture in our minds through memorization and then we can "bring it up" through meditation, chewing on it over and over until that truth "becomes us."

**One day the "synapse" connects!** You believe truth and act on the truth! Oh, I believe if women in the church did JUST THAT, they would not need decades to "work through their issues" or spend thousands of dollars on protracted counseling. It is indeed the TRUTH...not a therapist, not self-help, not better self-esteem and definitely not television talk shows...that WILL set us free.

Here's the bottom line: If you continually struggle with getting head knowledge into your heart, maybe you are ruminating on the wrong thing – the lies of Satan rather than the truth of God.

**Try this exercise.** Take a sheet of paper and draw a line down the center, creating two columns. Label the left column "LIES I BELIEVE" and begin to write down things you REALLY believe.

For example, on the left, you might write: *I know that the Bible says God loves me but down deep, I really have a hard time believing that. Or, Scripture teaches that God is sovereign over all the things that happen to me, but my life is controlled by so much fear I really have a hard time accepting that.* In other words, be candid with what truly influences your actions. God tells us in Psalm 32, "How blessed is the man in whose heart there is no deceit." Just get honest with Him!

When you're done, label the right column: "GOD'S TRUTH" and write down one or more scriptures that counter the errant belief on the left.

Perhaps in the left column you expressed your belief that God (like significant people in your past) would abandon you because of failure, and you are haunted by fear and insecurity. People

who dwell on this lie often seek their security in people or possessions, leading to poor personal relationships, loneliness and a downward spiral into an even deeper depression.

Now find and write down the truth from God’s word in the right column. Good ones are: Hebrews 13:6, Joshua 1:5 and Psalm 118:6: “I will never (and the original text reads, *never, never!*) forsake you, nor will I ever (again, it reads *ever, ever, ever!*) forsake you,” so that we can confidently say, “The Lord is my helper, I will not be afraid. What will man do to me?”

Here’s what your page might look like:

Lies I Believe	God’s Truth
The temptation is too great.	I Corinthians 10:13
God doesn’t love me.	John 3:16, Romans 5:8, Romans 8:39
Fear controls me.	Philippians 4:6-9 and John 16:33
I can’t forgive my husband/parents/friend	Philippians 4:13 and Hebrews 12:15

**The moment one of these awful lies crosses the threshold** into your mind, **CHOOSE** to shut the door to it and immediately run to the truth of scripture. Memorize that truth. Meditate on it. Soon your emotions will be navigated by your will, not the lie, and the subsequent choices you make to believe God’s Word will change your actions.

So we read in II Corinthians 10:3-5: *“For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses, we are destroying speculations and every lofty thing raised up against the knowledge of God, and we **taking every thought captive to the obedience of Christ.**”*

Hannah Whithall Smith says it this way, *“We must recognize that our emotions are only the servant of our will. Our will can control our feelings if only we are steadfastly minded to do so. Surging emotions, like a tossing vessel, which by degrees yield to the steady pull of the anchor, will find themselves attached to the mighty power of God by the choice of your will.”* Amen!

By God’s Word the world was created, the universe established, the seas parted, and ocean waves know their place. By God’s Word the sun, moon and the stars run their courses, lightning bolts are directed, nations judged, and rulers are enthroned and deposed. By God’s Word, the dead are brought to life and Satan is forever vanquished.

Doesn’t it stand to reason that by God’s Word that seeming interminable gap from your head to your heart can be bridged and you **can** walk in obedience and freedom?

It’s something to chew on.